



# Menu September 2026

Tuesday 1 September

Soup

**Potato soup with oat flakes /1a,b,c,d,3,7,9**

1. Optimum

**Vegetable risotto with zucchini, cheese, pickle /7,9,10**

VEGETARIAN

2. Klasik

**Breaded chicken schnitzel, mashed potatoes, pickle /1a,b,c,d,3,7,10**

3. Mixit

**Vegetable risotto with zucchini, cheese, pickle /7,9,10**

VEGETARIAN

4. Diet/ GF, DF/

**Vegetable risotto with zucchini, pickle /9,10**

Wednesday 2 September

Soup

**Beef broth with meat and noodles /1a,b,c,d,3,9**

1. Optimum

**Chicken spaghetti Milanese with cheese /1a,b,c,d,3,7**

2. Klasik

**Breaded cauliflower, mashed potato, dill dip /1a,b,c,d,3,7**

VEGETARIAN

3. Mixit

**Breaded cauliflower, mashed potato, dill dip /1a,b,c,d,3,7**

VEGETARIAN

4. Diet/ GF, DF/

**Chicken Milanese with GF pasta /13**

Thursday 3 September

Soup

**Pea soup /1a,b,c,d,7**

1. Optimum

**Plain chicken pieces, mashed potato, baby carrots /1a,b,c,d,7**

2. Klasik

**Sour lentils, fried egg, pickle /1a,b,c,d,3,10**

VEGETARIAN

3. Mixit

**Plain chicken pieces, mashed potato, baby carrots /1a,b,c,d,7**

4. Diet/ GF, DF/

**Plain chicken pieces, mashed potato, baby carrots /13**

## Friday 4 September

### Soup

**Vegetable soup with tarhonya /1a,b,c,d,3,9**

### 1. Optimum

**Semolina porridge with Granko cocoa and butter /1a,b,c,d,6,7**

VEGETARIAN

### 2. Klasik

**Karlovy Vary turkey goulash, pasta /1a,b,c,d,3,7**

### 3. Mixit

**Karlovy Vary turkey goulash, pasta /1a,b,c,d,3,7**

### 4. Diet/ GF, DF/

**Karlovy Vary turkey goulash, GF pasta /13**

---

## Monday 7 September

### Soup

**Carrot cream soup /1a,b,c,d,7,9**

### 1. Optimum

**Lentil dhal, basmati rice /0**

VEGETARIAN

### 2. Klasik

**Breaded fish balls, crushed potatoes, beetroot /1a,b,c,d,3,4,7**

### 3. Mixit

**Chicken paprikash, pasta /1a,b,c,d,3,7**

### 4. Diet/ GF, DF/

**Lentil dhal, basmati rice /0**

---

## Tuesday 8 September

### Soup

**Creamy dill soup „Kulajda“ /1a,b,c,d,3,7**

### 1. Optimum

**Rosemary chicken, potato - carrot purée /1a,b,c,d,7**

### 2. Klasik

**Mexican beans, baguette /1a,b,c,d**

VEGETARIAN

### 3. Mixit

**Spaghetti Bolognese, cheese /1a,b,c,d,3,7,9**

### 4. Diet/ GF, DF/

**Rosemary chicken, potatoes /13**

Wednesday 9 September

**Soup**

**Chicken broth with rice /9**

**1. Optimum**

**Turkey meatloaf with sun-dried tomatoes and red lentils, mashed potato, salad /1a,b,c,d,3,7,12**

**2. Klasik**

**Fusilli with chicken and basil pesto, Parmesan /1a,b,c,d,3,7,8a,b,c,d,e**

**3. Mixit**

**Spelt sweet buns with vanilla custard sauce /1a,b,c,d,e,3,7**

**VEGETARIAN**

**4. Diet/ GF, DF/**

**Turkey meatloaf with sun-dried tomatoes and red lentils, boiled potato, salad /0**

---

Thursday 10 September

**Soup**

**Tuscan bean soup /1a,b,c,d,e,9**

**1. Optimum**

**Spinach lasagne /1a,b,c,d,3,7**

**VEGETARIAN**

**2. Klasik**

**Szeged goulash, bread dumplings /1a,b,c,d,3,7,10**

**3. Mixit**

**Breaded chicken schnitzel with potato purée /1a,b,c,d,3,7**

**4. Diet/ GF, DF/**

**Szeged goulash, potatoes /10,13**

---

Friday 11 September

**Soup**

**Potato creamy soup /1a,b,c,d,7,9**

**1. Optimum**

**Beef in marjoram sauce, spätzle /1a,b,c,d,3,7**

**2. Klasik**

**American pancakes with apple compote and sour cream /1a,b,c,d,3,7**

**VEGETARIAN**

**3. Mixit**

**Duck, red cabbage, potato dumplings /1a,b,c,d,3,10**

**4. Diet/ GF, DF/**

**Duck, red cabbage, GF potato dumplings /10,13**



# Menu September 2026

Monday 14 September

**Soup**

**Mushroom creamy soup /1a,b,c,d,7**

**1. Optimum**

**Herbed cod, potatoes, vegetables /4,7**

**2. Klasik**

**Tomato risotto, salad /12**

**VEGETARIAN**

**3. Mixit**

**Curry chicken, jasmine rice /1a,b,c,d,7**

**4. Diet/ GF, DF/**

**Cod in olive oil, potatoes, vegetables /4**

Tuesday 15 September

**Soup**

**Potato soup with bulgur /1a,b,c,d,9**

**1. Optimum**

**Butter tofu with chickpeas, basmati rice /6,7,11**

**VEGETARIAN**

**2. Klasik**

**Roast chicken leg, mashed potato, vegetables /1a,b,c,d,7**

**3. Mixit**

**Pasta Alfredo with chicken /1a,b,c,d,3,7**

**4. Diet/ GF, DF/**

**Roast chicken leg, mashed potato, vegetables /13**

Wednesday 16 September

**Soup**

**Beef broth with meat and noodles /1a,b,c,d,3,9**

**1. Optimum**

**Roast turkey, spinach, potato dumplings /1a,b,c,d,3**

**2. Klasik**

**Creamy chicken with vegetables, pasta /1a,b,c,d,3,7,9,10**

**3. Mixit**

**Quark dumplings, fruit compote, sour cream /1a,b,c,d,3,7**

**VEGETARIAN**

**4. Diet/ GF, DF/**

**Roast turkey, spinach, GF potato dumplings /13**

# Menu September 2026

Thursday 17 September

**Soup**

**Chickpea soup with green peas /1a,b,c,d,7**

**1. Optimum**

**Chicken paella, salad /0**

**2. Klasik**

**Vegetable lecho, mashed potato /3,7**

**VEGETARIAN**

**3. Mixit**

**Potato dumplings with pork, white cabbage /1a,b,c,d,3,7,10**

**4. Diet/ GF, DF/**

**Chicken paella, salad /0**

Friday 18 September

**Soup**

**Vegetable soup with beetroot /1a,b,c,d,9**

**1. Optimum**

**Plum jam buns, milk /1a,b,c,d,3,7**

**VEGETARIAN**

**2. Klasik**

**Pork with porcini mushrooms, basmati rice /1a,b,c,d,7**

**3. Mixit**

**Wholegrain breaded fish fillet, mashed potato, ajvar dip /1a,b,c,d,3,4,7,11**

**4. Diet/ GF, DF/**

**Pork with porcini mushrooms, basmati rice /0**

Monday 21 September

**Soup**

**Creamy pea soup /1a,b,c,d,7**

**1. Optimum**

**Beans in tomato sauce, grilled vegetables, bulgur /1a,b,c,d**

**VEGETARIAN**

**2. Klasik**

**Salmon in butter, potatoes, vegetables /1a,b,c,d,3,4,7**

**3. Mixit**

**Chicken spaghetti Milanese with cheese /1a,b,c,d,3,7**

**4. Diet/ GF, DF/**

**Salmon in olive oil, potatoes, vegetables /4**



# Menu September 2026

Tuesday 22 September

**Soup**

**Potato soup with quinoa /1a,b,c,d,9**

**1. Optimum**

**Chinese-style turkey strips, jasmine rice /1a,b,c,d,6,12**

**2. Klasik**

**Potato dumplings with soya and tofu, cabbage, spring onion /1a,b,c,d,3,6,10**

**VEGETARIAN**

**3. Mixit**

**Old Bohemian beef goulash, pasta /1a,b,c,d,3,7**

**4. Diet/ GF, DF/**

**GF Potato dumplings with soya and tofu, cabbage, spring onion /6,10,13**

Wednesday 23 September

**Soup**

**Chicken broth with tarhonya /1a,b,c,d,3,9**

**1. Optimum**

**Pasta al forno with chicken, cabbage salad /1a,b,c,d,3,7,12**

**2. Klasik**

**Turkey sauté with zucchini and pepper, basmati rice /1a,b,c,d,7**

**3. Mixit**

**Potato gnocchi with poppy seed and plum sauce /1a,b,c,d,3**

**VEGETARIAN**

**4. Diet/ GF, DF/**

**Turkey sauté with zucchini and pepper, basmati rice /13**

Thursday 24 September

**Soup**

**Vegetable soup /9**

**1. Optimum**

**Tarhonya with ratatouille, lettuce /1a,b,c,d,3**

**VEGETARIAN**

**2. Klasik**

**Swedish meatballs, mustard sauce, mashed potatoes /1a,b,c,d,3,7,10**

**3. Mixit**

**Chicken strips, mashed potatoes, cucumber /1a,b,c,d,3,7,10**

**4. Diet/ GF, DF/**

**Swedish meatballs, mustard sauce, mashed potatoes /10**



# Menu September 2026

Friday 25 September

**Soup**

**Red lentil and tomato soup /1a,b,c,d,7**

**1. Optimum**

**Bratislava veal ragout, bread dumplings /1a,b,c,d,3,7,9,10**

**2. Klasik**

**Bread and apple pudding with quark and raisins, dusted with sugar /1a,b,c,d,3,7,12** **VEGETARIAN**

**3. Mixit**

**Serbian pork risotto, cheese, pickle /1a,b,c,d,3,7,10**

**4. Diet/ GF, DF/**

**Bratislava veal ragout, GF pasta /0**

---

Monday 28 September

**PUBLIC HOLIDAY**

# Menu September 2026

*Tuesday 29 September*

**Soup**

**Tomato soup with rice /1a,b,c,d**

**1. Optimum**

**Cod with satay sauce, jasmine rice /1a,b,c,d,4,5**

**2. Klasik**

**Soya Bolognese spaghetti, cheese /1a,b,c,d,3,6,7,9**

**VEGETARIAN**

**3. Mixit**

**Butter chicken, basmati rice /7**

**4. Diet/ GF, DF/**

**Cod with satay sauce, jasmine rice /4,5**

---

*Wednesday 30 September*

**Soup**

**Leek soup with potato and egg /1a,b,c,d,3,7**

**1. Optimum**

**Vegetable chia patties, mashed potato /1a,b,c,d,3,7**

**VEGETARIAN**

**2. Klasik**

**Shepherd's-style beef, basmati rice /1a,b,c,d**

**3. Mixit**

**Spaghetti alla Carbonara /1a,b,c,d,3,7**

**4. Diet/ GF, DF/**

**Shepherd's-style beef, basmati rice /13**



# Menu September 2026

**Enjoy your meal!**

**The EKOLANDIA team**

---

Compliance with the school nutritional basket is guaranteed for each variant separately, and for nursery schools when morning and afternoon snacks are taken together.

Abbreviations used for variant 4: GF – (Gluten free) gluten-free variant, DF – (Dairy free) dairy-free variant. Only ingredients free of the relevant allergen (gluten, lactose) are used in preparation; for the exact composition of the dishes please use the contacts below. Dishes in variant 4 may, however, contain traces of gluten, as they are prepared in a kitchen where gluten is processed.

The detailed composition of individual dishes, portion sizes and the list of sub-allergens for each dish can be found in your Edumeal ordering system.

## Allergens

Where allergen 1 – CEREALS CONTAINING GLUTEN – is stated, the dish contains the following cereals, or may contain traces of them – 1a – wheat, 1b – rye, 1c – barley, 1d – oats, 1e – spelt, 1f – kamut or their hybridised strains, and products thereof.

2 – crustaceans and products thereof

3 – eggs and products thereof

4 – fish and products thereof

5 – peanuts and products thereof

6 – soybeans (soya) and products thereof

7 – milk and products thereof

8 – TREE NUTS – the dish contains the following nuts, or may contain traces of them – 8a – almonds, 8b – hazelnuts, 8c – walnuts, 8d – cashew nuts, 8e – Brazil nuts, 8f – pistachios, 8g – macadamia nuts, and products thereof.

9 – celery and products thereof

10 – mustard and products thereof

11 – sesame seeds and products thereof

12 – sulphur dioxide and sulphites at concentrations of more than 10 mg, ml/kg, expressed as SO<sub>2</sub>

13 – lupin and products thereof

14 – molluscs and products thereof

---

Fruit, fresh vegetables and milk are supplied separately, outside the composition stated in this menu, in accordance with the school catering decree.

Drinks provided: still water, water flavoured with lemon or orange, milk.

The Ekolandia menu is prepared in cooperation with nutrition therapist Martina Kučerová. The serving of dietary meals is the responsibility of a trained Ekolandia staff member. More detailed information on composition is available on request via the email address given. Menu subject to change.